



# Town of Florence



**Active Adult**

**Dorothy  
Nolan  
Senior Center**

330 North Pinal Street  
PO Box 2670, Florence, AZ 85132  
Ph. (520)-868-7622  
FAX: (520)-868-7651

[www.florenceaz.gov](http://www.florenceaz.gov)



We have a variety of Life Enrichment activities available. Some are Staff Coordinated, (SC) and some are Participant Coordinated, (PC).

**Arts & Crafts** are done several times during the month. The crafts are posted on our calendar and the monthly craft flyer. Samples are displayed in the center on our front bulletin board. Sign-ups are required one week in advance to allow staff time to purchase supplies. Cost: Supply cost, vary per craft, usually under \$5.00.(SC)

**Social Cards & Dominoes** Come in and play cards or Dominoes with friends. Teach or learn a new game. (PC)

**Bible Study( Non-Denominational)**  
One of the seniors facilitates the Bible Study each Wednesday at 9:45. (PC)



**Pool Tables, Shuffleboard, Wii, Horse** : There are many games and activities to keep you busy. Join the morning group that loves to play!(PC)

**Knit-Wits Knitting Club:** Wednesdays at 12:15pm. The group gets to together to teach, share ideas or knit for special projects. (PC)

## Give A Lift

Florence residents, age 55+ and those with a disability, who are unable to drive and need transportation to medical appointments now have a solution. There is no charge for the service, and you can schedule rides from 2 weeks to months in advance.

It's neighbors helping neighbors! We're always looking for volunteer drivers to join our amazing team. Be part of making a positive difference in the lives of others and our community.

**Bingo:** Thursday at 12:15 pm. A volunteer shops for great food prizes. Players are limited to 3 cards and play according to normal bingo rules. Prizes range in value from .25 -\$1.00. We purchase approximately \$30.00 in prizes each week. Cost: N/A. (SC)



**Special Events:** Almost every month we host a special event at the center. We post these events in our quarterly brochure. The brochure gives all the details on the events. There is a charge to cover the entertainment refreshment, and food cost. These events bring in 55+ seniors to dance, laugh and enjoy some fun times. (SC)

## Trip Registration Procedures

Registration must be done in person. You may sign-up yourself and one other person. Payment must be made at the time you sign up. Trip deadlines are posted on the flyers. Trips are available for sign-up as soon as the brochure is distributed or the monthly calendar is published. The trips are cancelled if the minimum number of participants is not met by the deadline. Cancellations may be made by phone. Refunds are issued if cancellation is done two week prior to trip and if we are able to fill your spot from the waiting list. Waiting list for each trip are established if necessary. No alcohol is Permitted on the vans.

*Meals are provided in part by Pinal Gila Council Older Americans Act and The Town of Florence Under the Americans with Disabilities Act, Town of Florence must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity*

Updated 8/2/19

Mission Statement:  
Provide fulfilling social, recreational, cultural, educational programs and activities for the senior community of Florence





*A fun place to meet new friends and share  
your talents with others*

The Dorothy Nolan Senior Center is funded by the Town of Florence. The Dorothy Nolan Senior Center offers numerous programs for senior citizens over the age of 55. The program provides subsidized nutritious meals for seniors. It promotes recreation, information, socialization and interaction for seniors in the community.



### Senior Van Program

The Senior Van provides transportation to the Center for meals, programs and activities. The van is equipped with a wheelchair lift. Pick-ups are available Monday through Friday between the hours of 8:00 am and 11:30am. Registration in advance is required for van scheduling. Please call 868-7622. We do not do medical transport.

### Meals

The Senior Center provides a nutritionally balanced lunch Monday through Friday at 11:30am. The suggested donation is \$4.00. A licensed professional dietician plans a wide variety of menus. A nutritional chart is posted at the front desk each month and monthly calendars are available for the menu. The catered meal is brought in from Tucson. The Town of Florence purchases the meal for \$4.60. The Pinal-Gila Council for Senior Citizens, DES Aging and Adult Administration and the Older American Act provide a .54 reimbursement for eligible participants (seniors 60+). Reservations are required. Participants must register by Wednesday for the next week to reserve a meal and must sign in prior to 11:00am on the days they are eating at the center. We will make every effort to always provide a meal to any Eligible seniors who signs in prior to 11:00am. If you are not registered the meal may not be the same meal as listed on the menu, but we will let you know what the meal is. You must be 60 years of age and complete a registration form to be eligible for the meal on a donation basis. If you do not wish to fill out a meal registration, you may eat for the actual cost of the meal, which is \$5.00



### Home Delivered Meals

We deliver Chilled and frozen Meals on Tuesday and

Thursdays for the week. The intake process is handled through Pinal Gila Council for Senior Citizens. They meals are on a donation basic. Call 520-836-2758 to start the process.

### Biscuits & Gravy

Each Wednesday at 8:00 a.m.-10:00 a.m. or until gone. The cost is only \$2.00 and DELICIOUS!

**Social Services:** The senior center is your community information resource center. We have information available on transportation, medical info, prescriptions, housing, utility assistance, and more.

### Grief Support Group and Alzheimer's Support

Several times a month the groups meet at the center to share support, ideas, concerns and friendship.

### Pancakes & Sausage:

Every Monday morning from 8:00 am-10:00 am (or until we run out) We will serve a pancake and sausage breakfast for \$2.00

**Blood Pressure :** 2nd Tuesday of each month, by our local Fire Department.

**Haircuts:** Once a month by Mary Helen. Please call for an appointment. The cost is \$12.00.

**Volunteer Opportunities:** The senior center couldn't operate without volunteers. Numerous jobs are available. Stop by to visit with the center coordinator.



**CAHRA Intake:** Several times a month. Community Action Human Resources Agency. By appointment only. Assistance with utilities, housing rehab, westernization, heating and cooling systems, gas, sewer, and water. For all ages.

**Wellness Seminar:** Various informative seminars are held on senior health and wellness topics. A diabetic clinic is held each month as well.

**Grocery Shopping: 1st and 3rd Monday** at 12:15pm we take you to Coolidge for groceries or errands. Stops are made at Wal-Mart, Safeway and

Shopes. Let the driver know which stop you want. Please call prior to Monday morning to get on the pick-up list. Let us know if you will be going regularly or on a will call basic. Cost: \$4.00 . We also take a trip to the Anthem Safeway on the 2nd and 4th Thursday of the month 12:15 as well Cost is \$4.00 also.

### Guardian Angel Program

Emergency units are connected to you home phone line to call 911 during an emergency. Volunteers from the Police Department install the units on a donation basic. They program the units and instruct the user on how to use it. They also install key lock boxes for emergency use only as well. Call for program details and to schedule your installation.

### TRIAD

The seniors meet once a month with County Attorney staff, law enforcement staff and senior staff to discuss issues, concerns and ideas.

**Home Style Lunch:** Each Friday we serve a special home-cooked staff or volunteer prepared meal. We alternate the menu to provide a variety of delicious meals. Cost: Suggested Donation of \$4.00.

**Dinner Club:** On one Tuesday a month we try a different restaurant. Cost: \$12.00 + your meal cost.

**Grievances-Formal** grievance procedures are available at the center for your convenience.

